

**Women's history**

Post honors contributions
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Fort Riley Post

**Saving daylight**

Don't forget to set clocks ahead one hour beginning 2 a.m. April 2.

Friday, March 31, 2006

America's Warfighting Center

Vol. 49, No. 13

Around the Army**Fort Knox:**

The Turret reported March 23 that an Abrams M1A1 tank caught fire March 6 during a field training exercise on Fort Knox. The crew of three trainees and one instructor escaped the tank without injury, thanks to their training and the experienced noncommissioned officers overseeing the exercise.

For more on this story and other Fort Knox, Ky., news, visit www.thenewsenquirer.com/turret/ on the Web.

Fort Belvoir:

The Belvoir Eagle reported March 23 that a series of overheated light fixtures in Lewis Village on March 14 is being blamed on the wrong wattage light bulbs being placed in the bedroom light fixtures of three homes.

The 100-watt bulbs were placed in bedroom light fixtures for which the manufacturer's recommended wattage is 60 watts, said Mary Bronwyn, community director for The Villages at Belvoir.

For more on this story and other Fort Belvoir, Va., news, visit www.belvoireagle.com/ on the Web.

Fort Bliss:

The Monitor reported March 23 that the 1st Squadron, 9th Cavalry Regiment, celebrated their move into a new living and working area known as Long Knife Village on Biggs Army Airfield March 10.

The new brigade combat team, which will be 4,000 Soldiers strong by the end of May, has dealt with the growing pains of Biggs Army Airfield.

For more on this story and other Fort Bliss, Texas, news, visit www.livenpublishing.com/monitor_publication.htm on the Web.

Korea:

The Morning Calm Weekly reported March 29 that fire-fighters responded to a fire in an unoccupied residential duplex Dec. 8 on Yongsan South Post.

An estimated \$73,000 in damage to Building 7074A/B resulted from a suspected electrical fire, said Area II Fire Chief Alex Temporado.

A pumper truck, a ladder truck, a rescue truck and two command-and-control vehicles converged on the fire near Gate 19.

For more on this story and other U.S. military news from Korea, visit www.104thasg.hanau.army.mil/hunior/Huniorupdates.htm on the Web.

Hanau:

The Herald Union reported March 27 that 16 Soldiers of Company A, 123rd Main Support Battalion, 1st Armored Division, had returned from Pakistan to be welcomed home at a ceremony March 10 at Drexheim's Anderson Barracks.

The troops, known as Water Dawgs, provided the people of Pakistan humanitarian relief after the Oct. 8 earthquake.

For more on this story and other news from Hanau, Germany, visit www.104thasg.hanau.army.mil/hunior/Huniorupdates.htm on the Web.

Blown away



A sheet of plywood representing a door explodes during 1st Bn., 28th Inf., Master Demolitions training March 23. Soldiers practiced door, wall and fence breaching during the three days of training.

Infantrymen learn demolition skills

By Amanda Kim Stairrett
Staff writer

In an effort to reduce the workload of engineers in the 4th Infantry Brigade Combat Team, Soldiers of the 1st Battalion, 28th Infantry Regiment, spent March 20-24 constructing and conducting operations with demolitions.

Lt. Col. Patrick Frank, 1st Bn., 28th Inf., commander, said there are multiple demands across the battlefield for the battalion's engineers, and the intent of the Master Demolitions Training was to develop demolitions proficiency within the rifle squads.

This training was the first time many

of the battalion's Soldiers worked with explosives, and some were nervous at first, said Sgt. 1st Class John Williamson, an engineering platoon sergeant in Company A, Special Troops Battalion, 4th IBCT. Williamson and 1st Lt. Daniel Ashmore came from the BSTB to show the infantry Soldiers how to set up devices such as Bangalore torpedoes and C4 charges and how to perform tasks such as door, wall and fence breaching.

Williamson has trained across battalions before and has been at Fort Riley for four years. The Master Demolitions Training was conducted by leaders in the battalion's Co. A.

The basic demolitions skills are the

kinds Soldiers would learn in Sapper or Ranger School, Ashmore said.

During March 23 training, Soldiers affixed a charge to a silhouette or piece of plywood and attached it to a structure simulating a wall. The charge was fitted with a time fuse igniter, a precautionary measure in case the charge didn't explode when ignited.

Williamson had to explain to some nervous infantrymen that although setting off the time fuse igniter produced smoke and a hissing sound, it wouldn't detonate the charge. With everyone safely behind wooden structures on the

See Blown away, Page 10



A 1st Bn., 28th Inf., Soldier attaches a detonator to detonator cord during the battalion's Master Demolitions training March 23. This was the first time some Soldiers used demolitions.

Scam targets savers

Net 'phishers' ask for personal information

By Samantha L. Quigley
AFPS

WASHINGTON — Participants, as well as some non-participants, in the Thrift Savings Plan are targets of a "phishing" scam, an official with the board administering the program said March 20.

Tom Trabucco, director of

external affairs for the Federal Retirement Thrift Investment Board, said phishing is an "attempt to get recipients of the unsolicited e-mail to compromise themselves by giving up their personal financial information."

Thrift Savings Plan administrators would never request personal or financial information via e-mail, Trabucco said. "Do not

respond to unsolicited e-mail and never give out information of a personal nature (through) unsolicited e-mails," he said.

The Thrift plan is a retirement savings plan for 3.6 million federal civilians and servicemembers, Trabucco said. Officials don't know how many plan par-

See Phishing, Page 4

Artillerymen walk for family project

By Mike Heronemus
Editor

Spc. Colby M. Farnan is gone but not forgotten by Soldiers of Battery B, 4th Battalion, 1st Field Artillery, at Fort Riley. Farnan was killed in Iraq Feb. 25, 2005.

March 25, 15 of the battery's Soldiers traveled to Weston, Mo., and then walked 5 kilometers in cold weather to show their sup-

port for the fallen Soldier's family project to erect a bronze statue of the Battlefield Cross in their hometown.

The Battlefield Cross consists of empty boots standing at the foot of an M-16 rifle stuck in the ground, bayonet first, and wearing an empty helmet on top of its stock.

See Statue walk, Page 2



Post/Heronemus

Maj. Gen. Dennis Hardy, commanding general, 24th Inf. Div. (Mech) and Fort Riley pins the Army Commendation Medal on Pfc. John Hawron, the post Soldier of the Quarter.

Post selects top Soldier, sergeant

By Mike Heronemus
Editor

An artillery gunner and a military policeman took top honors in Fort Riley Soldier of the Quarter and Noncommissioned Officer of the Quarter competitions in March.

Pfc. John Hawron of Battery A, 1st Battalion, 5th Field Artillery, and Sgt. Steven

Hilliard of the 116th Military Police Company, were named top Soldiers on post for the second quarter of fiscal year 2006 at an awards ceremony March 27 at Riley's Conference Center.

They competed against four other Soldiers and three other noncommissioned officers who had been named brigade Soldiers and NCOs of the quarter.

See Top Soldiers, Page 2



Post/Heronemus

Maj. Gen. Dennis Hardy, commanding general, 24th Inf. Div. (Mech) and Fort Riley pins the Army Commendation Medal on Sgt. Steven Hilliard, post NCO of the Quarter.





Post, Army news briefly

Correction:

The March 24 edition of the Post incorrectly stated that the 1st Engineer Battalion cased it colors and inactivated March 15. The battalion did not case its colors. Companies in the battalion cased their guidons and reactivated as new modular organizations within the 1st Eng. Bn. The Post regrets the mistake.

1st Brigade unit goes to Africa

About 150 Soldiers of Company A, 1st Battalion, 16th Infantry, left Fort Riley for the Horn of Africa during the early morning hours on March 28.

The Soldiers will deploy for up to one year to the Central Command area of responsibility as part of the 1,700-member Combined Joint Task Force Horn of Africa.

This mission detects, disrupts and defeats terrorists in Kenya, Somalia, Ethiopia, Sudan, Eritrea, Djibouti and Yemen, said Lt. Col. Frank Zachar, commander, 1st Bn., 16th Inf.

Court-martial convicts Soldier

On March 15, a general court-martial found Spc. Daunshae R. Andrews guilty of 19 specifications of larceny (stealing currency from her roommate) and one specification of identity theft.

The military judge sentenced her to be reduced to private, to forfeit all pay and allowances, to be confined for eight months and to be discharged from the service with a Bad Conduct Discharge.

Army changes tattoo policy to boost enlistees

By J.D. Leipold

Army News Service

WASHINGTON — The Army has revised its policy on tattoos in an effort to bolster recruitment of highly qualified individuals who might otherwise have been excluded from joining.

Tattoos are now permitted on the hands and back of the neck if they are not "extremist, indecent, sexist or racist."

Army Regulation 670-1 was modified via a message released

Jan. 25 and now specifies: "Any tattoo or brand anywhere on the head or face is prohibited except for permanent make-up."

For women, allowable make-up would be permanent eye-liner, eyebrows and makeup applied to fill in lips, officials said.

They said permanent make-up should be conservative and complement the uniform and complexion in style and color and will not be trendy.

The change was made because

Army officials realized the number of potential recruits bearing skin art had grown enormously over the years.

About 30 percent of Americans between the ages of 25 and 34 have tattoos, according to a Scripps Howard News Service and Ohio University survey.

For those under age 25, the number is about 28 percent. In all, the post-baby-boom generations are more than three times as likely as boomers to have tattoos.

Army regulations state: "Tattoos that are not extremist, indecent, sexist or racist are allowed on the hands and neck."

Initial entry determinations will be made according to current guidance.

The Army has never allowed indecent tattoos on any part of the body, G1 officials pointed out.

The new policy allows recruits and all Soldiers to sport tattoos on the neck behind an imaginary line straight down and back of the

jawbone, provided the tattoos don't violate good taste.

"The only tattoos acceptable on the neck are those on the back of the neck," said Hank Minitrez, Army G1 Human Resources Policy spokesman.

"The 'back' of the neck is defined as being just under the ear lobe and across the back of the head. Throat tattoos on that portion of the neck considered the front, the ear lobe forward, are prohibited," he said.

Statue walk

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Farnan's sister, Kristen, spearheaded the 5K walk as a way to raise money to buy a bronze statue of the Battlefield Cross to erect in her family's hometown in honor of her brother and other Missouri and Kansas Soldiers killed in the global war on terrorism.

The event turned out to be more successful than the family had hoped, said Capt. Tyrone Martin, Btry. B commander, and Sgt. 1st Class David Wells, Farnan's platoon sergeant.

The statues cost \$5,500, but newspaper articles publicizing the event and its \$25 fee for a T-shirt and donation to the cause brought so many walkers, the family ran out of T-shirts and was promising to have more made and sent to participants, Wells said.

At last count the afternoon after the walk, the Farnans had raised more than \$23,000, Wells said. Btry. B Soldiers who walked or who just bought the T-shirts as a donation contributed \$1,430 of that total, he said.

Those 46 Btry. B Soldiers making donations comprised more than half the battery's personnel, Martin said.

The 5K route wasn't a casual stroll in sunlight, Martin emphasized. "We had to bundle up. The rain that was forecast stalled, but the weather was cold."

The Farnans placed posters of fallen Missouri and Kansas Soldiers and Airmen along the route, Martin said. "I lost count after

about 30. They were placed about every 100 or 150 meters."

The family planned for about 200 walkers, Martin said, but he estimated that more than 1,000 showed up. "A lot of people read about it in the newspaper and just drove up," he guessed. Weston is a short distance north of Kansas City, Mo.

The Weston statue will be placed in the town's Veterans of Foreign Wars Park, Wells said. From talking with the family, he learned they plan to use all the excess funds to help other communities jump start similar projects for placing a Battlefield Cross statue in their towns.

Beyond that, the Farnans have reached out to other families in the area who have lost relatives in the war, Martin said. It's a small distant community and a lot of those families didn't have access to support like Fort Riley's Family Readiness Groups or for counseling, he said.

Weston is a "close knit community and the community extends its arms out to comfort others," Wells said. "A lot of us spent the rest of the day in the community. The entire community is just awesome," he said.

In turn, Btry. B continues to reach out to the Farnans and Weston to let them know "their son is not forgotten," Wells said.

Mike Heronemus can be contacted at mike.heronemus@riley.army.mil or 239-8854.

Top Soldiers

continued from page 1

Other top brigade Soldiers for the quarter were Spc. Todd Evans of the 97th Military Police Company, Spc. Desiree Johnson of the 1st Maintenance Company, Spc. Daniel Mikolajczyk of Headquarters and Headquarters Detachment and Company A, 101st Forward Support Battalion; and Spc. Steve Wright of Company C, 4th Brigade Combat Team, 1st Infantry Division.

Other top brigade NCOs for the quarter were Sgt. Jason Manes of 1st Maint. Co.; Sgt. Cherhonda Shields of Company B, 101st FSB; and Sgt. Adam West of 2nd Squadron, 4th Cavalry, 4th IBCT.

Mikolajczyk and West were named runners-up for the top Soldier and NCO honors, respectively.

Board competition for Soldier and NCO of the Quarter took place March 8. The post honors were kept secret until the award ceremony in which Hawron and Hilliard received Army Commendation Medals

and a variety of gifts from area car dealers and banks in recognition of their achievement.

The other brigade Soldiers and NCOs of the Quarter also received gifts.

"These are the folks other Soldiers will turn to to learn how things should be done in the Army," Command Sgt. Maj. Marvell Dean, 24th Infantry Division (Mech) and Fort Riley command sergeant major, said about all the Soldiers who competed in the post board.

Dean gave the keynote address following the awards presentations.

For Hawron, who has been in the Army only 13 months, the scariest part of going before the board of senior noncommissioned officers was being in the presence of such high rank, he said after being congratulated by a room full of officers, NCOs and his peers.

Before going in, "I was worried about making sure my salute was right, I told myself, 'Just keep breathing.'"

Hilliard said he has competed at several company-level boards, but the post board was the highest level he had attained. For his efforts, he spent 18 minutes being grilled on his military knowledge, starting with a series of rapid-fire questions from one sergeant major on the board.

The only easy thing about the board was giving his personal biography, Hilliard said. For everything else, he said he had to "study, study, study."

Hawron said he hit the books a lot, too. He got some help from others in the unit, including three NCOs who conducted a mock board so Hawron would know what to expect at the post competition.

Both Soldiers recommend others try to compete in future boards. Hilliard said sergeants shouldn't wait to be asked.

"They should take the initiative and let people know they want to compete," he said. "That shows that you want to get ahead" in your career."

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3 x 10.5"
Black Only
3x10.5 DeVry

VALASSIS AFC

3 x 12"

Black Only

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Post, Army news briefly

Civil Air Patrol seeks members

The local chapter of the Civil Air Patrol, a volunteer auxiliary of the U.S. Air Force, needs new members. CAP performs search and rescue operations as needed and sponsors a cadet program, aerospace education, physical fitness training and more. The chapter is seeking male and female youth between the ages of 12 and 21 and adults. Meetings are 7 to 9 p.m. every Tuesday at the Junction City, Kan., Municipal. For more information, call 238-8492 or visit <http://kswg.cap.gov/> and www.cap.gov on the Web.

WSOS slates meeting

The Wounded Soldier Outreach and Support organization will conduct its quarterly meeting at 6:30 p.m. April 4 at American Legion Post 45 in Junction City.

The evening's speaker will talk on Post-Traumatic Stress Disorder and offer information on Veterans Administration benefits.

All active duty and retired Soldiers and their spouses are encouraged to attend.

For more information, call Patti Walker at (785) 375-2480 or (785) 239-4375.

Heating, cooling changes slated

Weather permitting, heating at Fort Riley will be turned off beginning April 10 in the following sequence:

April 10-21 – Administration buildings, barracks, BEQs and BOQs with individual heating units, 8000 area, dining facilities and community buildings.

Air conditioning systems are scheduled to be turned on beginning May 1 in the following order:

May 1-12 – Barracks, BOQs and BEQs, 8000 area, community buildings, administration buildings, dining facilities and motor pools.

Heating and cooling systems in the chapels and in medical and dental buildings will be maintained as needed.

Family housing occupants control their own heat and air conditioning systems.

Employee wins Army housing honor

By Amanda Kim Stairrett

Staff writer

Charlie Williams, Fort Riley Residential Communities Initiative director, said he was surprised two weeks ago when he was named the Installation Management Agency's Housing Executive of the Year.

He didn't even know he had been nominated.

"Charlie Williams was nomi-

nated for the Army's Housing Executive of the Year because of his outstanding accomplishments here at Fort Riley this past year," said Julie Poyser, deputy director of the Fort Riley Directorate of Public Works.

Those accomplishments included leading the development of the Community Development Management Plan for housing privatization, serving as a senior member on the Army chief of staff for installation management

team to develop a new off-post housing program and adapting his department to Base Realignment and Closure changes. Williams also works closely with local communities and their housing issues.

"It was such a busy year last year," Williams said. "I didn't do the work with an intention of winning an award, but it was icing on the cake."

Larry McGee, director of Fort

Riley's Directorate of Public Works, nominated Williams for the award.

That nomination went to the Installation Management Agency Northwest Region where Williams competed against eight others in the category. Williams' nomination package was then sent to IMA headquarters to compete worldwide.

The Northwest Region stretches from Washington state to Ohio and includes Fort Carson, Colo.,

Fort Leavenworth, Kan., Fort Leonard Wood, Mo., Fort Lewis, Wash., and Fort McCoy, Wis.

Williams has worked in Fort Riley's housing office since 1978, serving as a housing intern, billeting officer and family housing manager. He has been chief of housing facilities and housing and RCI manager since 1995.

Amanda Kim Stairrett can be contacted at amanda.kim.stairrett@riley.army.mil or 239-3977.

4th IBCT Soldiers earn Air Assault wings

By Amanda Kim Stairrett

Staff writer

Forty-seven "Raiders" and "Black Lions" returned March 16 from training at Fort Campbell, Ky., wearing Air Assault wings.

Lt. Col. James Crider, 2nd Squadron, 4th Cavalry, commander and Lt. Col. Patrick Frank, 1st Bn., 28th Infantry, commander, served as brigade S3s at Fort

Campbell and used their connections with people still at the post to set up the training.

Sending such large numbers to the U.S. Army Air Assault School is usually difficult to arrange, but because the 101st Airborne Division is deployed to Iraq, spots usually reserved for those Soldiers opened up, allowing the Fort Riley Soldiers to train.

Frank called Air Assault School the "10 toughest days in the Army."

He, Crider and Command Sgt. Maj. Frank Dockter, 1st Bn., 28th Inf., attended the graduation.

"As Air Assault Soldiers, you represent the cutting edge in our Army's ability to influence the battlefield," Frank said to the Soldiers during his graduation address.

The 1st Bn., 28th Inf., Soldiers got some preliminary experience with Air Assault operations during special training the battalion conducted Feb. 27 to March 3. The week was a condensed version of Fort Campbell's training.

As part of its mission, the 4th Infantry Brigade Combat Team would conduct Air Assault operations to maneuver units on the battlefield. The Air Assault School provides a solid foundation for Soldiers in sling-loading equipment, establishing pick-up zones and controlling aircraft, Frank said.

"The Air Assault School graduates will lead the 4th IBCT's efforts during Air Assault operations," he said.

Soldiers in each of the battalions were selected to attend based on physical fitness proficiency, including pull-ups, a rope climb and a 12-mile foot march, as well as personal conduct.

The 10-and-a-half-day course is divided into several phases, according to the school's Web site. It begins with Zero Day when Soldiers must pass the standards on a series of prerequisites, including a nine-obstacle course and a 2-mile run. The prerequisites are designed to test the Soldiers' ability to complete the course without becoming a safety risk to others or themselves. A Soldier becomes an Air Assault student only after successfully completing Zero Day.

Frank said that while 20 percent of candidates typically fail to complete Zero Day, 95 percent of the Black Lions qualified.

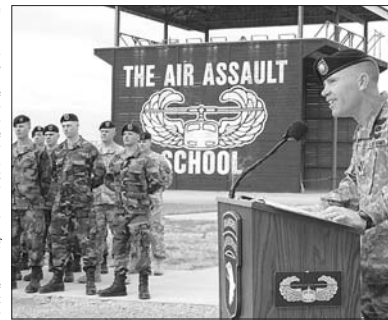
School begins with phase one: combat assault. During its three days, Soldiers learn about aircraft safety and orientation, aero medical evacuation, pathfinder operations, hand and arm signals, close combat attacks and combat assault operations. The students are then given written and hands-on tests that they must pass with 70 percent on each.

Phase two includes three days of training in sling-load operations, including planning, preparation and rigging of equipment such as "Humvees," howitzers, cargo bags, fuel blivets and cargo nets. The Soldiers then perform hook-ups beneath a CH-47 Chinook or UH-60 Black Hawk helicopter.

Phase two also ended with written and hands-on tests.

The next three-day phase taught students basic ground and aircraft rappelling procedures, which include rappelling with and without combat equipment and belay procedures.

Soldiers performed two rappels off the wall of a 34-foot tower,



2nd Sqdn./Crider

Lt. Col. Patrick Frank, 1st Bn., 28th Infantry, commander addresses graduates of Fort Campbell's Air Assault School March 16. Soldiers from the 1st Bn., 28th Inf., and 2nd Sqdn., 4th Cav., attended the 10-day course.

nine to 12 rappels from the tower's open side and two from a UH-60 Black Hawk hovering at 70 to 90 feet.

The school's last phase was a 12-mile foot march that the student must complete in three hours or less.

The tasks the Soldiers performed were physically demanding and technically difficult. Frank said rigging equipment to fly beneath a Black Hawk helicopter is graduate-level work.

"You may not realize it at this moment, but the coveted set of wings that you are about to place on your uniform has given you a new destiny within our Army. You are an Air Assault Soldier. You're a guardian of freedom and the American way of life," Frank said during his commencement address.

Amanda Kim Stairrett can be contacted at amanda.kim.stairrett@riley.army.mil or 239-3977.

Graduates:

2nd Squadron, 4th Cavalry Regiment

Pvt. Donald Chambers, Troop B
Sgt. Alejandro Cisneros, Troop C
Pvt. Robert Cole, Troop A
Pfc. Christopher Ferris, HHT
Sgt. Robert Fox, Troop C
Pvt. Corey Knecht, Troop A
Pfc. Taylor Marsh, Troop C
Sgt. Joshua McClinton, Troop C
Sgt. Aaron McDowell, Troop C
2nd Lt. Travis Meyers, HHT
2nd Lt. Russell Micho, HHT
Sgt. Thomas Mitchell, Troop A
Pvt. Mark Peterson, HHT
Pvt. Brandon Purdie, Troop C
Pvt. Mark Sivers, Troop A
Pvt. Jason Vandevander, Troop C
Sgt. Jeffrey Vaughn, Troop C

1st Battalion, 28th Infantry Regiment

Pvt. Christopher Arsenault, Co. A
Pvt. Luke Benner, HHC
Sgt. 1st Class George Carroll, Co. B
Pvt. Christopher Crofts, Co. A
Pvt. Joshua Everett, Co. A
Pfc. Jason Fried, Co. D
Pvt. Daniel Gmirek, HHC
Pvt. Andrew Hallmark, Co. A
Pvt. Jeffrey Jones, Co. B
Pvt. Samuel Judd, HHC
Pvt. Phillip Leavitt, Co. D
Pvt. Gilbert Landtser, HHC
Pvt. Miguel Medina, HHC
Pvt. Luke Metcalf, Co. D
Pvt. Alan Noel, Co. A
Pvt. Bryon Richardson, HHC
Pvt. Kyle Richardson, Co. A
Pvt. Charles Robinson, Co. B
Pvt. Scott Shelby, Co. B
2nd Lt. James Siebert, Co. A
Pvt. Kim Silvio, Co. A
Pvt. Matthew Stiltz, Co. A
Pvt. Whitney Taylor, Co. A
Pfc. Trevor Thompson, HHC
Pfc. Jeffrey Velasquez, Co. A
Sgt. Charles Wade, Co. A
Pfc. Keith Warltner, Co. A
Pvt. Jeffrey Wheatley, Co. A
Pvt. Stuart Williams, Co. A

VERNON JEWELERS

2 x 5"
Black Only
2x5 Repair ad

DAILY UNION

1 x 2"
Black Only
1x2 GWiken Martial Arts Ad

TYME OUT

1 x 2"
Black Only
1x4 March Madness

STATE FARM INSURANCE

1 x 6"
Black Only
1x6 Renters

JOHNSON, DO, PA RICK

3 x 4"
Black Only
3x4 DR. JOHNSON

BROOKS YAMAHA

2 x 5"
Black Only
2x5 Brooks CrotchBlocket

HAIR EXPERTS

2 x 5"
Black Only
2x5 Hair Experts Apr. Spec





Sex assault allegations increase

Report indicates Soldiers more willing to report attacks

By Donna Miles

AFPS

WASHINGTON – The number of sexual assault allegations increased 40 percent in 2005 compared to reports made in 2004, the Defense Department's annual report sent to Congress March 15 stated.

But, that increase reflects increased understanding about what sexual assault is and more willingness to report it, not simply an increase in the number of assaults committed, the commander of the joint task force overseeing the program said.

"Our climate of confidence is building, and our programs are working," Air Force Brig. Gen.

K.C. McClain, commander of DoD's Joint Task Force for Sexual Assault Prevention and Response, told reporters in mid-March.

According to the report, DoD received 2,374 allegations of sexual assault that involved a military member as either a victim or alleged perpetrator in 2005. That's up 40 percent from 2004, but McClain said it more likely reflects more willingness to report such assaults than a surge in incidents.

"Sexual assault is the most underreported crime in our society as well as our military," McClain said. Studies show that as few as 5 percent of sexual assaults ever get reported, she

noted.

DoD's Sexual Assault Prevention and Response program is making progress in getting more people to step forward and report sexual assault, McClain said. She

credits some of that progress to a new system that gives victims the option to file a "restricted report," meaning they can report that a sexual assault occurred without launching an investigation.

This option, introduced in June, enables victims to get medical care and counseling services without going through a criminal investigation, McClain explained. Of the 435 people who filed restricted reports last year, 25 percent later requested to change to an unrestricted report, opening the

door to a criminal investigation.

"We think that's good, because it shows that the program is working as designed," she said.

"Restricted reporting was to allow a victim to come forward, get the care and support they need without initiating the investigative process. That 25 percent of them did, we think, is indicative that the design is sound."

DoD acted quickly on reports of sexual abuse, completing 1,386 investigations in 2005. "We think we have done an outstanding job in bringing these cases to fruition," McClain said. By Dec. 31, the close of the reporting period, 352 offenders were awaiting final action on their cases and another 274 had been punished.

General: Africa vital 'investment'

By Samantha L. Quigley

AFPS

WASHINGTON – Modest near-term investments in Africa will prevent costly future intervention, U.S. European Command's leader said.

"African security issues will increasingly continue to directly affect our homeland security," Marine Gen. James L. Jones, commander of European Command, told the Senate and House Armed Services committees in statements prepared for delivery March 7 and 8, respectively.

Fort Riley just deployed a company of the 3rd Brigade, 1st Infantry Division, to the Horn of Africa.

U.S. European Command maintains operational responsibility for most of Africa. U.S. Central Command is responsible for the Horn of Africa, and U.S. Pacific Command is responsible for Madagascar, an island nation off the continent's southeastern coast.

Jones said political instability in Africa is aggravated by social, economic and security problems. These problems stem from multiple factors, including high population

growth rates, agricultural and environmental issues, massive refugee movements and pandemic disease outbreaks.

In the past five years, the United States has responded to humanitarian crises and political instability in several African countries, including Somalia, Mozambique, Liberia, Sierra Leone and most recently Sudan, Jones said.

Not taking action now could result in continued and repetitive U.S. intervention, he said. This is especially true when it comes to the presence of radical fundamentalism in Africa.

North Africa and, in particular, the Pan-Sahel region of sub-Saharan Africa, provides opportunities to Islamic extremists, smugglers and other insurgent groups, Jones said.

Parts of the continent have become home to "franchise groups" who ally themselves with major terrorist organizations but are native Africans, he said.

"As we strive to assist in halting the deteriorating condition in this increasingly important continent, we impact on Africa's potential for becoming the next front in the war on terrorism," Jones said.

Phishing

continued from page 1

ticipants the scam has affected, but the FBI is investigating, he added.

The Federal Retirement Thrift Investment Board alerted Thrift Savings Plan coordinators to the scam in a March 17 memo, the day after the scam was discovered.

The memo described it as an unsolicited e-mail with a link to a bogus Web site appearing to be the thrift plan's account-access site.

The bogus site asks for a recipient's Social Security and Thrift Savings Plan personal identification numbers. Entering this information takes the user to another screen where they are asked for financial information, including a credit card number, he said, adding that this information can be used to steal an individual's identity.

As long as participants have not responded to this scam e-mail, their accounts have not been com-

promised, investment board officials said in the memo. Those who did respond should contact their financial institutions immediately for guidance. They should also call the Thrift Savings Plan at (877) 968-3778 and ask to have their account access blocked, according to the memo.

Phishing e-mails generally appear to be from a business or organization the recipient may deal with, according to a Federal Trade Commission Consumer

Alert issued in June 2005. It may request that the recipient update, validate or confirm account information, the alert said.

Participants are encouraged not to attempt to access their accounts by clicking links offered in any e-mail, according to the memo. Only by opening a new Internet browser and typing the Thrift Savings Plan's Web site into the address field can a participant be sure of accessing the authentic thrift plan Web site.

DAILY UNION
6 x 13.5"
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POST service directory



Commentary

Friday, March 31, 2006

Fort Riley Post

Page 5

Riley Roundtable

This week's question:

What is the best advice given to you by a noncommissioned officer, and how did it affect your life?



Spc. Benjamin Devine
Medic
1st Battalion, 5th Field Artillery
Home: Eau Claire, Wis.

"Always try to learn as much as you can and never give away your last copy of anything. That last advice has come in handy when somebody has lost something I gave them."



Pvt. Joy Joseph
Unit supply specialist
Company A,
Special Troops Battalion, 4th BCT
Home: Baltimore

"He told me to further my education and he told me what classes I needed for my MOS (Military Occupational Specialty)."



Pvt. Nicholas McGinnis
Infantryman
Company C,
2nd Battalion, 16th Infantry
Home: Kouts, Ind.

"A lot of times they get on us about how important it is to use our battle buddies for help. That's probably the best advice I've ever had."



2nd Lt. Jeffrey Potts
Platoon leader
172nd Chemical Company
Home: Boston

"My TAC NCO in OCS offered the most helpful advice. He said I would always have three options: doing the right thing, the wrong thing or doing nothing, but most of all, I needed to be decisive. If I had a plan and an action, I could live with whatever the result was."



Spc. Susan Sullivan
NBC operations specialist
HHC, 1st Engineer Battalion
Home: Battle Creek, Mich.

"It was something a newly promoted sergeant said about being an NCO. It was something like 'I work for my Soldiers, live for my family and strive for my leaders.' That made me want to be an NCO."

Next week's question:

More states are enacting laws to prohibit demonstrators at funerals, particularly military funerals. What's your opinion about this?

Opinions may be e-mailed to the editor at mike.heronemus@riley.army.mil or faxed to the editor at 239-2592. Opinions must reach the editor by close of business Tuesdays to appear in the following Friday's paper.

By Paul Inman
Post Safety Officer

Believe it or not, motorcycle riding entails some risk, but with proper prevention these risks can be reduced.

According to 2005 data from the National Highway Traffic Safety Administration, 4,008 motorcycle occupants were killed on our nation's roads last year, an 8 percent increase from 2003. NHTSA estimates that helmets saved the lives of 1,158 motorcyclists in 2003. If all motorcyclists had worn helmets, an additional 640 lives could have been saved. Have you ever witnessed a motorcyclist ride their bike to the Fort Riley entrance, pull off to the side of the road and put on their helmet?

The Motorcycle Safety Foundation published, "Motorcycle helmets have been shown to save



Paul Inman

the lives of motorcyclists and prevent serious brain injuries. Wearing a properly fitted helmet can actually improve the rider's ability to hear by streamlining the head and ear, which

can reduce wind noise, allowing the rider to hear other sounds. Helmets prevent eye injuries and distraction from dust, dirt and debris thrown up by other vehicles on the road."

Fort Riley's Commanding General's Policy Letter 06-1, paragraph 4-1 requires motorcycle riders on post to wear "a U.S. Department of Transportation-approved helmet properly fas-

tened under the chin."

Army Regulation 385-55, Appendix B-3, d, states "Soldiers will wear a properly fastened approved helmet whenever and wherever (on or off post) they operate or ride a motorcycle or moped."

Civilian personnel must wear a helmet while driving or riding as a passenger on a motorcycle or moped on Army installations or while on government business off the installation."

Although, Kansas does not have a primary law for helmets, civilian personnel must assess the risks of surviving an accident if a helmet is not worn. Other required personal protective equipment includes eye protection, full-fingered gloves, long-sleeved shirt, long pants and over-the-ankle shoes. Maybe this seem excessive to you and you feel it takes away

from the experience of the ride. But, from the perspective of your leaders, you are the most precious asset the Army has. Making sure you are protected as much as possible makes good sense to them.

The Commanding General's Policy Letter 06-1 also requires "All motorcycle, moped, motor scooter and ATV (all terrain vehicle) operators on post to possess a Motorcycle Defensive Driving Course or ATV Safety Institute /Motorcycle Safety Foundation certification card before operating a motorcycle, moped, motor scooter or ATV on or off post."

The training is funded by the Installation Management Agency at no cost to the Soldier, their family members or Department of the Army civilian employees. Anyone interested in receiving this training should contact a battalion school's office representative or the Post Safety Office.

For your safety

Helmets required for motorcycle riders

Command viewpoint

President: Sacrifices must be recognized

Editor's note: The following comments were made by President George W. Bush March 22 in Wheeling, W.Va., and reported in an American Forces Press Service article written by Sara Wood.

Americans need to recognize the sacrifices made by men and women in the military, whose service has liberated millions of people in the Middle East and made this country more secure.

America has got to appreciate what it means to wear the uniform today and honor those who have volunteered to keep this country strong.

All of us should agree with the fact that we have a remarkable country when people who know that they're going to be sent into harm's way raise their hand and say, "I volunteer to serve."

Committing troops into harm's way is the most difficult decision any president can make, but the war on terror is a fight the United

States can't run away from.

While debates about the war in Iraq are inevitable, I'm optimistic about the war in Iraq because the United States has a clear strategy for victory. If I didn't think we'd succeed, I'd pull our troops out.

Despite politics or debates about the war, U.S. leaders remain committed to supporting the troops. Congress continues to act to ensure troops are well-trained, well-paid, well-equipped and well-housed.

All Americans should serve their country, whether in uniform or not. Those who aren't in the military can serve by supporting the troops or by volunteering for a different cause.

The idea of people volunteering to help a neighbor in need is a vital part of our society and our communities, and one of my jobs is to ... honor people who are serving our country that way and to call other people to service as well.

Letters to editor

Veterans should salute in public to show honors

I gathered some 16 of my old military friends who agreed to sponsor a movement for veterans to salute rather than place their hands over their heart when honoring the flag, fallen comrades or the country.

I have some from each of the four principal services. Three of them were former vice chiefs or assistant commanders of their services, and several were former commanders in chief.

We refer to saluting when we do the pledge to the flag, when the national colors pass or are presented, when the national anthem or honors are played or when "Taps" is played and firing squads or guns render honors.

We got MOAA magazine to ask veterans what they preferred, hand over the heart or saluting. When last I looked, some 583 veteran respondents had voted 81 percent in favor of the salute. Obviously, an overwhelming majority of the veterans want to salute.

No regulations tell us veterans what we can and can't do in this

matter. If we decide we want to salute, who will dare to tell us "no"?

It is a matter of personal choice. We've earned the right to render a salute. Now the challenge is to get the word out. To do that, I believe the unit and branch associations are the best way.

The commanders of the American Legion and VFW never answered my e-mails, presuming they even got them. If we can get this started, it will take on a life of its own. Those who object can continue the hand over the heart thing. Gradually the custom will change, as well it should.

Just imagine thousands of fans saluting at NFL, NBA and Major League Baseball games when the national anthem is played. It will telegraph a message to all others of how many have served this country in the armed forces. It will be a positive and patriotic message.

You can help by putting the word out in your organizations made up of patriots like you and me.

Maj. Gen. Vern Lewis,
U.S. Army, retired

Grunt By Wayne Uhden



FORT RILEY POST

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Interesting articles	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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What are your concerns or suggestions for improvement?

Your name (optional) and phone number (if you would like to talk about your ideas): _____



COMMANDER FOURTH REGION (ROTC)
6 x 21.25"
Black Only
6x21.5 there's a name for sold





Construction workers attend summit

Officials outline opportunities available in Fort Riley region

By Stephanie Perrin
Asst. Media Rel. Officer

Construction workers were lined outside the door of Riley's Conference Center March 16 to attend the first housing summit that discussed Fort Riley's housing requirement. Organizers estimate about 300 attended.

The summit was cooperatively organized by the Junction City, Manhattan and Topeka Chambers of Commerce.

"The construction opportunities are almost endless. Business opportunities will be available for years and years to come," Kansas Lt. Gov. John Moore said. "This is a once in a lifetime opportunity in the state of Kansas. If you want a job, this is the area. There is nothing temporary about this."

Fort Riley officials estimate 8,500 Soldiers and 13,000 family members are expected to arrive at Fort Riley because of the re-stationing of units and base realignment and closure decisions made in 2005.

Fort Riley's current population, including Soldiers, family members, civilian workforce and

retirees and their families, total an estimated 48,000. That population is expected to increase to nearly 70,000 by 2011.

Focus areas for construction include education, transportation and childcare, Moore said.

The three factors leading to the influx of Soldiers arriving to Fort Riley is the global re-stationing of units, base realignment and closure and modularity restructuring of military organizations.

"We were big winners from BRAC," said Col. Thomas "Ty" Smith, U.S. Army Garrison commander at Fort Riley.

A combined 5,000 Soldiers have moved to Fort Riley or returned to the post from Iraq since January, he said.

"Housing is not just a post problem. It's a regional challenge," Smith said.

Fort Riley officials will look to surrounding communities for about 6,000 sets of quarters. More than \$800 million is expected to be spent for construction costs throughout the next five years, he said.

Picerner Military Housing officials plan to build an additional

400 homes to add to the 3,052 already on Fort Riley, said Craig Constant, director of construction for Picerner Military Housing.

The company, who will assume responsibility for on-post housing in July, plans to hire contractors to help demolish 1,700 quarters, build 2,100 homes and renovate 1,300 quarters, Constant said. That work will be accomplished during the 50-year contract period Picerner was awarded.

"We never want to fall below the number of homes we're at now," Constant said. "We need to build the new homes first and then move families from the old homes to the new."

Construction is scheduled to begin on Fort Riley in 2007 with the first home completed by 2007, he said. "The new homes will not have a cookie-cutter feel," he said. "There will be different themes and styles around post."

The smallest home is expected to have 1,600 square feet of living area, Constant said.

New homes already are being built in the Ellis Heights and South O'Donnell Heights housing areas. The \$15 million project will

result in 46 new senior noncommissioned officer family units in Ellis Heights and 16 units for company grade officers in the other housing area.

David Wild, director of the Contracting Office at Fort Riley, told developers to register on the Internet through Central Contractor Registration. Wild recommended that contractors update their registration at least once a year to remain eligible for future contracts with the government.

Construction for a new Junction City Middle School began March 17 to help with the increasing number of military students enrolling in the school district, said Ron Walker, superintendent for Geary County Unified School District 475. More than 1,000 new military students have enrolled in the school district, he said.

Sixteen school districts have joined to create a coalition to work cooperatively to accommodate the influx of students he said. A \$300 million bond was approved for school construction.

"We have an immediate need for construction, and the money is in the bank," Walker said.

Governor signs bill to speed upgrades

By Nicole Corcoran
Press secretary

TOPEKA, Kan. — As part of continuing efforts to help communities around Fort Riley get ready to handle the expected influx of Soldiers, civilians and their families, Gov. Kathleen Sebelius late March 23 signed a bill giving Junction City the ability to expand its infrastructure.

The Junction City area is expected to see an increase in population of more than 30,000 people in the next five years.

House Bill 2759 gives the city the ability to issue more bonds to pay for needed infrastructure improvements, such as roads and water and sewer lines.

The bill raises the city's bonded debt limit from 30 percent of assessed valuation as follows:

- Bonded indebtedness shall not exceed 40 percent of the assessed valuation until June 30, 2011;

- After July 1, 2011, bonded indebtedness shall not exceed 37 percent of the assessed valuation until June 20, 2013;

- On and after July 1, 2013, the bonded indebtedness shall not exceed 34 percent of the assessed valuation until June 30, 2015, at which time the bonded debt limit shall return to 30 percent of assessed valuation.

The increased bonded debt limit is needed to help meet infrastructure demands as the city rapidly expands.

RATTS RODWY

2 x 3"

Black Only

Spouse deployed

FIRST SOUTHERN BAPTIST

2 x 2"

Black Only

2X2 lat. South Baptist

CANDLEWOOD HEALTH MART PHARMAC

2 x 2"

Black Only

2X2 Candlewood Health Mart TF

DAILY UNION

6 x 12.5"

Black Only

AUSA POSTAD



Post/Stairrett
Pvt. Richard Seabridge (right) holds a piece of iron damaged by hand grenades as Spc. Alejandro Cisneros inspects it. Soldiers of the 2nd Sqdn., 4th Cav., were on the range throwing live hand grenades March 22.

Cav Soldiers learn Technique, safety taught on post range

By Amanda Kim Stairrett
Staff writer

*Press the spoon.
Sweep the clip.
Twist and pull the pin.
Assume Hulk Hogan stance.
Hurl.
Go for cover.*

Throwing a hand grenade looks like a simple task, just pull the pin and throw. But Soldiers of the 2nd Squadron, 4th Cavalry Regiment, learned March 22 that there's more to it. It's not like throwing a baseball. It requires a technique that ensures more accuracy and the kind of safety necessary for a handheld weapon that, when detonated, can pierce iron.

"It's one of the most deadly things you're going to be playing

with," 1st Sgt. Corbett Whitmore of Troop C warned as he gave a safety briefing early in the day.

The Soldiers had to complete a series of stations with practice grenades before they were certified to throw the live ones. They learned the proper throwing technique – Hulk Hogan pose if standing, the Heartbreak Kid Shawn Michaels pose if kneeling, employed individual movement techniques when moving from stations and performed a drop drill from a concrete bunker.

Though dangerous, the idea of throwing live hand grenades was something that excited most Soldiers in the unit.

"Get gun powder on your clothes. Get to stinking like Soldiers," Whitmore said at the end of his briefing.

Spc. Miles Blanco of Trp. C

was on his first range at Fort Riley March 22, and said he enjoyed the training. He threw live grenades for the third time in his three-and-a-half years in the Army.

Most units only conduct hand grenade training once a year, said Staff Sgt. Royce Littleton, who helped lead the Soldiers through the day's training.

A couple of the Soldiers were nervous about handling the live grenades, and the intent is for them to get to do it so often that it becomes "muscle memory," he said. The hardest part about hand grenade training is getting Soldiers to use the proper technique because some formulate bad habits, he added.

Amanda Kim Stairrett can be contacted at amanda.kim.stairrett@riley.army.mil or 239-3977.

CHANGING TIMES BOUTIQUE
2 x 2"
Black Only
2x2 CTB MarTF

MANHATTAN SHOE REPAIR
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2 x 2"
Black Only
2X2 Screen Mach

SALINA POWERSPORT
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3 x 2.5"
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USAA CORPORATION- AFC
6 x 11"
Black Only
0652033 He's proud of his true



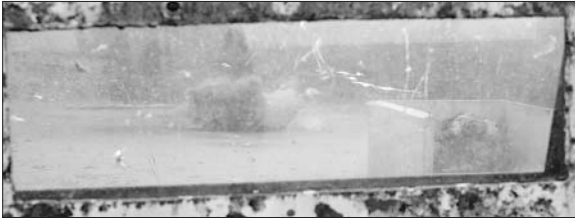


throwing grenade not same as baseball



Post/Stairrett

Staff Sgt. Jason Lewis loads a practice grenade into Pfc. Joshua Glass' vest during hand grenade training for Soldiers of 2nd Sqdn., 4th Cav.



At left: An exploding grenade is seen through the safety barrier also revealing a 2nd Sqdn., 4th Cav. Soldier and safety NCO ducking behind the concrete bunker from which it was thrown.
Post/Stairrett



A 2nd Sqdn., 4th Cav., Soldier prepares to throw a practice hand grenade while his partner pretends to fire his weapon during a certification drill March 22. Soldiers had to perform practice drills in standing, kneeling and lying positions before they were permitted to throw live grenades.
Post/Stairrett



Post/Stairrett

A 2nd Sqdn., 4th Cav., Soldier takes a hand grenade from a canister held by a squadron NCO.

HOMESTEAD HOMES OF AMERICA, IN
2 x 3.5"
Black Only
Homestead Homes

FIRST ASSEMBLY OF GOD-MANHATTA
2 x 4"
Black Only
204 1st Assem/God Mar TF

CHAMBER OF COMMERCE - COUNCIL
2 x 4"
Black Only
2x4 Business showcase

BRIGGS AUTO GROUP
6 x 10.5"
Black Only
6x10.5 B&W #110 Briggs





Post/Stairrett
Sgt. Anthony Ernst and Sgt. Eric Samagaio prepare to detonate a charge attached to a target silhouette under the supervision of Staff Sgt. Edward Latta. The 1st Bn., 28th Inf., Soldiers practiced breaching doors and walls March 22 during their three-day Master Demolitions training.

USADISCOUNTERS
3 x 10.5"
Black Only
BLU/PU 3/10/06

Blown away continued from page 1

range, the charges were detonated. A loud explosion was followed by a storm of plywood splinters and plastic silhouette chunks.

Following door and wall breaching demolitions training, Williamson showed Soldiers how they could use any found object to create a small explosive device to perform a concentrated task, such as blowing the hinges off a door.

He affixed a charge to an I.V. bag and attached it to the door.

You can use anything, even a Gatorade bottle or MRE bag, instructed Staff Sgt. Jamal Gutierrez, Co. A, 1st Bn., 28th Inf.

This was the first time Spc. Jason Hice, Co. B, 1st Bn., 28th Inf., participated in demolitions training at Fort Riley, but he had some experience with it in Afghanistan. The week's training

allowed him to expand his knowledge of demolitions, he said. Even though it wasn't his first time handling explosives, he still enjoyed the experience.

"Oh yeah, I liked it," he said. "It's a pretty explosion - pretty big."

Amanda Kim Stairrett can be contacted at amanda.kim.stairrett@riley.army.mil or 239-3977.



Post/Stairrett

Black Lion Soldiers prepare to detonate an explosives charge attached to a silhouette March 23. An engineer from the 4th IBCT's BSTB, showed the 1st Bn., 28th Inf., Soldiers how to perform demolitions tasks such as door, wall and fence breaching.

FIRESTONE/BRIDGESTONE
3 x 13"
Black Only
BK13 Firestone 3/31



Fort Riley Sports & Recreation

Friday, March 31, 2006

America's Warfighting Center

Page 11

Sports news in brief

Youth camps scheduled

Fort Riley youth can register to participate in three sports camps this summer.

A basketball camp is scheduled July 17-24, a soccer camp July 31 through Aug. 4 and a volleyball camp Aug. 7-11.

The cost of each camp is \$25 per camper with current Child and Youth Services registration.

For more information, call CYS at 239-4847.

Fitness nights begin at center

Family fitness nights are scheduled from 6:30 to 7:30 p.m. April 21, May 19, June 23, July 28 and Aug. 25 at the Fort Riley Teen Center, Building 5800.

The nights offer a free opportunity for parents and children to work out and exercise together in a high energy environment.

For more information, call the Youth Sports Office at 239-9223 or 239-9200.

Golf course open for play

Custer Hill Golf Course is open for play 8 a.m. to dusk Tuesday through Sunday.

For more information call 784-6000.

Opening Day Golf Tournament set

Custer Hill Golf Course will hold its opening day golf tournament April 15. The cost for the event is \$15 plus green fee and cart. Tee times are available on a first come basis. For more information call 784-6000.

BOSS plans golf tourney

Better Opportunities for Single Soldiers at Fort Riley will host its "Rusty Club Classic" golf tournament at Custer Hill Golf Course April 21.

Registration begins at 9 a.m. and tee time is 10 a.m.

Registration fee is \$100 per team of four players. \$25 per member in grade E-1 through E-4 or \$40 for higher-ranking members and non-members.

The tournament is limited to the first 36 teams to register. Deadline for sign-up is April 14 at the golf course.

For more information call 239-8147.

Martial arts class to be offered

Okinawan Karate Shorin-Ryu classes will be offered at the Fort Riley Teen Center for youth ages 5 to 10 and 11 to 18. The instructor will be Jeffrey Foisy.

Youth ages 5 to 10 will attend classes from 11 a.m. to noon or from 12:30 to 2 p.m. every Saturday. Cost is \$45 per month.

Youth ages 11 to 18 will attend classes from 11 a.m. to noon or from 12:30 to 2 p.m. every Saturday. Cost is \$55 per month.

Registration for classes begins April 14. Fifteen spaces are available in each class.

For more information, call 239-4847.

Soccer starts

610th BSB scores goal to defeat 10th ASOS

By Mike Heronemus
Editor

Battalion level soccer finally opened league play March 28 at Fort Riley after weather and soggy field conditions had cancelled the first three scheduled games.

In the opener, 610th Brigade Support Battalion's Gerald Ledesma kicked a nearly uncontested shot past 10th Air Support Operations Squadron defenders into the upper left corner of the unattended goal near the end of the game to post the first Southern League win of the season, 1-0.

A March 23 Southern League game between 1st Battalion, 16th Infantry, and a combined Meddack/Dentac team had been cancelled, as had Northern League games between 1st Battalion, 5th Field Artillery, and the 70th Engineer Battalion March 22 and 2nd Battalion, 70th Armor, and a combined Staff Judge Advocate/Criminal Investigation Division team March 27.

The Airmen started the game March 28 three players shy of the normal 11-man team, but late arrivals filled out the team by the end of the game, Coach Donald Sinde said.

This is Sinde's fourth year with a 10th ASOS soccer team. He has only one other experienced player returning and a small squad that will probably not see replacements from the bench in any game this season.

Sixteen players showed up for the BSB team, including two women. Coach Eddie Rivera said his team hadn't had time for a single practice session before the game, but he has a couple of men who played soccer in Central and South America as well as a woman who played college ball.

Even short-handed, the Airmen seemed to dominate play through much of the first 25-minute half, spending a lot of time in BSB territory. A rough count, however, showed both teams made at least five shots each on the opponent's goal.

Both teams' ball handling and defense were laudable, but BSB suffered from some off-side penalties that kept them from following through on a couple of drives that could have successfully attacked the goal.

Both teams had trouble aiming their shots, with several going wide left or right and a couple going over or behind the goal.

Referees stopped play only twice,



Post/Heronemus
Brad Hill of 10th ASOS heads the ball over 610th BSB defender Victoria Baca in the opening game of post soccer play March 28 on the field adjacent to Rally Point. BSB won the game 1-0 with a goal in the final few minutes of play.

once in the first half when an excited German shepherd dashed onto the field as if it wanted to play and again in the second half when a chest-to-chest collision between an ASOS player and 10th BSB's Vizar Vazquez, put Vazquez on his back on the ground for a few seconds before he could catch his wind and walk to the sidelines with a little help from Rivera.

A key offensive player for BSB, Vazquez returned to the game a little later.

Sinde and one other ASOS player suffered some hard hits near the end of the game that had them getting up slowly and hobbling a bit, but neither had to leave the game and play continued unabated.

Upcoming Games

In the **Southern League**, 97th Military Police Battalion plays 331st Signal Company at 6 p.m. April 3; 331st Sig. Co. plays SJA/CID at 7 p.m. April 4; 70th Eng. Bn. plays 2nd Bn., 70th Armor, at 6 p.m. April 6; and 97th MP Bn. plays SJA/CID at 6 p.m. April 10.

In the **Northern League**, 10th ASOS plays 2nd Battalion, 34th Armor, at 7 p.m. April 3; 610th BSB plays Meddack/Dentac at 6 p.m. April 4; 1st Bn., 16th Inf., plays 1st Eng. Bn. at 7 p.m. April 6; and 610th BSB plays 2nd Bn., 34th Armor, at 7 p.m. April 10.

All games are played on the soccer field adjacent to Rally Point on Trooper Drive.

Post 'crown jewel for grassland birds'

By Alan Hynek

Fish and wildlife administrator

Among the tallgrass and burnt prairie, a remarkable ritual is beginning to take place, revealed only with a keen ear and watchful eye.

It is the bustling view of courting prairie chickens; a delight to the conservationist and a reminder that Fort Riley is a crown jewel for grassland birds. Although the parlor has changed somewhat over the years, the calling, dancing and courting have not.

The greater prairie chicken, *Tympanuchus cupido*, is a species of grouse that was once common throughout the Midwest.

However, the conversion of fertile tallgrass prairie to plowed fields has led to their demise over much of their former range. The state of Kansas is one of the last strongholds of the greater prairie

chicken, but that too is starting to wane.

Kansas is the only state that has a huntable population of prairie chickens remaining.

Fort Riley has a population of about 600 birds. By comparison, the population in the entire state of Missouri is only around 1,000 birds.

The habits of prairie chickens are what really set them apart, the most striking of which is their breeding ritual.

Beginning early in the spring, the male prairie chickens begin to visit "lek" sites in order to establish territories. That isn't peculiar



Alan Hynek

On the Wildside: News About Nature

Related story:

Page 12 - Fort Riley has been named by the U.S. Fish and Wildlife Service as Military Wildlife Conservation Partner for 2005.

in itself, except for the manner in which they do it. Just at daybreak, the males come together at established lek sites. They strut around, jump up in the air, stomp the ground and fight over the territory.

Then the real fun begins. The males inflate orange air sacs, known as tympani, in their throats. They look something like oranges tucked beneath their chins.

The sound they make is similar to blowing across the top of an empty pop bottle: Whur-urr.

Whoom-ah-oom. Whoo-doo.

It drives the hens wild.

When a female emerges from the tallgrass, the males get serious. They jump straight into the air, bump breasts and fight in bursts of feathers. They fill the dawn with cackles and hoots.

Mating occurs at the pinnacle of the booming season. The hens lay 12 eggs on average, with an incubation time of three weeks. The clutch will break up after eight to 12 weeks.

Their diet is made up of insects, herb seed and grain from

crop fields.

Greater prairie chickens can be found in a variety of habitats. However, their reliance upon tallgrass prairie is paramount to their survival. It may also lead to their ultimate demise.

An average size flock requires around 160 acres of quality tallgrass prairie. Even then, there must be additional flocks in the vicinity to keep reproduction genetically viable.

Prairie chickens have persisted in Kansas largely because of the unbroken Flint Hills, including Fort Riley.

Unfortunately, they have declined even in this region because of changes in how native pastures are grazed and burned.

While they appear safe on Fort Riley for the time being, the greater prairie chicken faces an uncertain future across the remainder of its original range.





Army crew stays upbeat despite disappointing 29th-place finish

By David Ferroni
Army News Service

BRISTOL, Tenn. — The 29th-place result was disappointing, but Joe Nemechek remained upbeat about his racing team's effort and the way the U.S. Army car drove before being in the Food City 500 March 26 at Bristol Motor Speedway in Tennessee.

"Not a great finish but an outstanding effort," Nemechek said. "We struggled in practice yesterday (March 25) and I had concern. But Ryan (crew chief Ryan Pemberton) and the crew put a whole new setup in the car for the start of the race, and let me tell you, the Army Chevy was bad to the bone. One of the best cars I have ever driven. It was just incredible, I mean incredible on how good the car drove."

Nemechek started 16th and patiently drove his way to the front. But on Lap 118, he saw a strong performance turn sour when his car took a direct blow to the front-end.

"Dale Jr. and somebody got together and shot up in front of me and I got into the back of them," Nemechek explained. "My brakes locked up and the impact crunched the nose in. The Army car never drove the same after that. It was a pretty frustrating deal to have a car drive that good and then all of a sudden get wounded. For a while we had an easy top-10 car."

All the Army crew could do was Band-Aid the damage to keep Nemechek in the race as the U.S. Army driver soldiered on to complete the 500-lap event and extend his streak to 37 consecutive races of running at the finish.

"We had the Army fight today," offered Nemechek, who is 26th in driver points. "No one quit. We were excellent soldiers. The pit crew was awesome again. It was just too bad we didn't get the result that we deserved. It was a great effort by everybody."

The Army team will take its spirited momentum to Martinsville (Va.) Speedway for the DIRECTV 500 April 2.



Joe Nemechek's 01 Army Chevrolet shows just how punishing racing at Bristol Motor Speedway can be. The Army team's car suffered severe front-end damage on lap 118 of the 500-lap race Sunday but stayed in the running, completed the event and extended their streak to 37 consecutive races of running at the finish.

For the record:

March 26 was another typical Bristol crash fest with 18 cautions for 104 laps.

Fish, Wildlife Service selects Fort Riley as top conservation partner of 2005

By Laura E. Henze
Sikes Act Coordinator

Fort Riley has been named by the U.S. Fish and Wildlife Service as Military Wildlife Conservation Partner for 2005.

The USFWS created the award to recognize installations that have made significant natural resource conservation achievements through cooperative work with the USFWS and others.

Such achievements may include conserving, protecting and restoring important habitat for migratory species, endan-

gered species, native species and game species on and around military lands.

To win the award, Fort Riley provided an outstanding example of the contributions to conservation that installations make across the nation.

USFWS representatives said they were especially proud of Fort Riley's cooperative conservation achievements. For example, Fort Riley partnered with the USFWS and The Nature Conservancy to establish the Fort Riley Prairie Partnership, an effort developed to direct and lead activities to conserve the tall-grass prairie ecosystem on Fort

Riley and adjacent private lands.

Fort Riley also provided active and generous assistance to the USFWS in support of research and monitoring activities for listed and candidate endangered species on and off Fort Riley.

Through partnering efforts with the Service, several wetland projects were developed and are managed on the installation.

In recognition of these achievements, Dale Hall, USFWS director, will present the award to Fort Riley representatives on March 25 at the 71st North American Wildlife and Natural Resources Conference in

Columbus, Ohio.

For more than 40 years since the passing of the Sikes Act, the U.S. Fish and Wildlife Service has worked in cooperation with the military to conserve fish and wildlife resources found on the 30 million acres of land owned and managed by the Department of Defense.

In recent years, natural resource management on installations attained a greater significance with DoD, the Congress and the public, leading to the creation of integrated natural resource management plans under the Sikes Act.

Sports news briefly

Ball sign-ups to begin

Sign-ups for youth T-Ball, baseball and softball for youth ages 5 to 13 will be from noon to 5 p.m. Monday through Friday April 10-28 at Central Registration in Building 6620.

Practices will begin the week of May 22. Games will begin June 5.

Registration fees are \$40 for the first child and \$32 for each additional child.

There is an \$18 CYS yearly registration fee for each child, up to a maximum of \$40 for the yearly family registration fee.

All participants must have a sports physical with them or on file at the time of registration. This form must be dated on or after July 31, 2005.

For forms or more information, call the Youth Sports Office at 239-9223 or Central Registration at 239-4847.

Youth swimmers sought for club

Swimmers in grades three through eight may register April 3-28 to participate on a post swim club. If enough interest is shown, the club may become a USA Swimming team and compete throughout Kansas in December 2006 or May 2007.

Cost is \$20 per month. Swimmers can register at Central Registration in Building 6620.

For more information, call the Youth Sports Office at 239-9223 or 239-9220.

Youth turkey hunt scheduled

The Fort Riley Outdoors Group is sponsoring a youth turkey hunt April 7-9 for dependents of deployed Soldiers.

Those interested should contact the Fort Riley Outdoors Group at 239-6211. Any other youth who would like assistance getting started in turkey hunting will also be considered on a space available basis.

Bird watching class scheduled

The Outdoor Recreation Center staff invites you to join them for a free basic bird watching class April 15.

Participants will spend the morning with an avid bird-watcher and learn about the birds found in Kansas and the Fort Riley area. This is an outside even, so participants should dress according to the weather.

The class will be held at Moon Lake at the east playground. Participants must sign up at Outdoor Recreation Center, Building 9011, Rifle Range Road.

For more information, call 239-2363 or 239-6368.

Guard Start starts at Eyster Pool

Guard Start, a lifeguard training program, will be offered every Saturday April 1 through May 6 at Eyster Pool. Cost is \$35 per person.

Guard Start is designed for youth ages 11 through 14 and provides a foundation of aquatic and leadership knowledge, attitudes and skills that will prepare them for future and successful completion of the Red Cross Lifeguard Training course.

Participants must be able to swim the front crawl for 25 meters continuously while breathing to the front or the side, tread water for one minute using arms and legs and submerge and swim under water for 10 feet.

Youth racquetball program begins

Fort Riley youth can register at Central Registration June 19-30 to participate in a racquetball program.

The program will run July 17 through Aug. 11. Cost is \$20 with current CYS registration.

For more information, call CYS at 239-4847.

AMERICAN FAMILY INS. OPAT
2 x 10"
Black Only
2x10 Opat Homeowners

THE MARTIN AGENCY
4 x 10"
Black Only
4x10 TBD



Fort Riley Community Life

Friday, March 31, 2006

America's Warfighting Center

Page 13

Community news briefly

CDC schedules child, parent day

The Child Development Center will host a pancake feed from 8 to 10 a.m. April 1 at School Age Services, Building 5810, in recognition of the Month of the Military Child.

As a part of the "Super Saturday" program, parent and staff training will be conducted at 9 a.m. at the Child Development Center, Building 6950. The class will cover cooking with children, home safety proofing, scrapbooking and more.

For more information, call the Fort Riley CDC at 239-9935.

Territorial Capitol to reopen April 1

The First Territorial Capitol of Kansas on Fort Riley will reopen April 1 after being closed except by appointment during the winter months.

Weekend open hours will be from 1 to 5 p.m. through Oct. 31.

The reopening will be celebrated with a cookout and potluck picnic on the capitol grounds beginning at noon. The cookout will be followed at 1:30 p.m. by the 10th annual membership meeting for the Partners of the First Territorial Capitol in the building's upper chamber.

All interested persons and friends of the First Territorial Capitol are invited to join the Partners for the picnic and the annual meeting. Bratwursts hot off the grill with all the trimmings and drinks will be provided by the Partners. Guests are invited to bring a salad or dessert to share.

For more information about the event, contact Partners President Norm Childs at (785) 762-5188 or the Geary County Historical Museum at 238-1666.

Post-wide yard sale date set

The post-wide yard sale will be from 8 a.m. to 4 p.m. May 6.

Support Center lists activities

April 5 - 6:30 to 8:30 p.m., Army Family Team Building classes: basic problem solving and listening skills

April 10 - 9 a.m. to 1 p.m., Spouse Activity Day, "Make a Memory Book"

For more information, call the Soldier and Family Support Center at 239-9435.

Group to discuss 'sausage dogs'

The Fort Riley adult reading group will meet at 11:30 a.m. April 6 at Riley's Conference Center to discuss "The Finer Points of Sausage Dogs." Lunch will be available.

The group will also select the book for May's discussion. The Post Library is located in Building 5306 on Custer Hill. Operating hours are 11 a.m. to 6 p.m. Tuesday through Saturday, and noon to 5 p.m. Sunday. For more information, call 239-5305.

Stay In Step with Fort Riley

See what's happening on Fort Riley cable Channel 2 every day at 6:30 a.m., 8 a.m., noon, 6 p.m. and 10 p.m.



FAP promotes child abuse awareness

By Anna Morelock
Staff writer

The Army Observes Child Abuse Prevention Month in April, and one thing the Family Advocacy Program staff would like to raise awareness of during the month and every month is supervision regulations at Fort Riley.

"Many people don't know what the regulation is because it varies from installation to installation, from community to community," said Carolyn

Tolliver-Lee, FAP educator. The FAP not only wants to make parents aware of supervision regulations, but also wants to hold them accountable, she said.

Tolliver-Lee said the Fort Riley program has seen a change in the number of cases brought before the case review committee. The committee meets twice a month to review cases regarding children.

"Some moms don't know it's

not OK to leave a child in the back seat of a car while you run in to pay for gas," Tolliver-Lee said. "They really don't know it's not OK. Our main purpose is to teach them otherwise."

The reason parents need to be informed, Tolliver-Lee said, is because what could have been perfectly acceptable somewhere else can cause them to face allegations of neglect here. "So they

need to be educated; and it's only fair that we do, that we provide them with that information."

Tolliver-Lee said the information in Fort Riley Regulation 190-19 that deals with the protection and control of minors is handed out to Soldiers during their annual FAP briefing. It also is available through childcare providers and at back-to-school fairs.

See Awareness, Page 17

Building dreams



Audience members model hats from different periods in history at the Women's History Month observance at Riley's Conference Center March 22.

Women's event celebrates with hats, history

By Anna Morelock
Staff writer

A parade of hats started off the Women's History Month observance at Riley's Conference Center March 22. From bonnets to top hats to a green beret, representatives of the Geary County Historical Museum brought hats that showed the changing styles and history of Kansas.

"Homesteaders' wives wore calico bonnets to shield them from wind and sun," said Gaylynn Childs, the museum's director, "while cowboys donned wide Stetson hats worn on the range or in town for hav-

ing fun."

As Childs read the verse that went with each hat, two helpers chose participants in the audience to model the old-fashioned styles for the crowd. After the show of hats, Lt. Col. Robert Foutz, equal opportunity program manager, introduced the speaker for the observance. Brig. Gen. Belinda Pinckney, deputy director of the Defense Finance and Accounting Service, is one of two black female general officers and 11 female general officers in the Army.

Pinckney highlighted the importance of telling the stories of trailblazing women throughout history as she spoke on this

year's theme, "Women: Builders of Communities and Dreams."

"Women have been sustaining the American spirit and building communities, hopes and dreams throughout generations in America," Pinckney said. "We, as women today, are truly living the legacy of the women's rights movement; and therefore we need to continue to tell the stories so that every generation will know and learn from these stories."

Pinckney said it was important to take the time to acknowledge some of the magnificent women who came before. She

See Observance, Page 17

Area youth wins Jefferson Award

Staff report

The son of a retired Fort Riley Soldier now employed as a Department of the Army police officer on post is among this year's recipients of the prestigious Jefferson Award in the Outstanding Youth category. The award was presented to Angel Romero Jr., the son of retired Sgt. 1st Class Angel Romero, and other recipients March 30 in the grand ballroom of the Ramada Downtown hotel in Topeka, Kan.

The award dates back more than 30 years and is presented by the Topeka Capital-Journal newspaper from readers. Readers recommend awardees based on a difference that person has made in the reader's life, the lives of others or in the nominee's community.

Junction City Manager Rod

Barnes recommended Romero for the award. Romero has been a Junction City Youth Commissioner for the past six years and has done a lot of work to improve the community.

As a youth commissioner, Romero worked with local Kansas Legislature representatives and police officials to clarify the wording in a state law regarding decorative lighting on personal vehicles.

Romero and two other finalists in the youth category will compete with other Jefferson Award finalists for selection as the state's representative in national competition. Five winners will be selected for that honor and one from northeast Kansas will travel to Washington, D.C., in June to compete for the Jacqueline Kennedy Onassis Award for Greatest Public Service Benefiting Local Communities.

Fort Riley Soldier, Iraq images dominate Army photo contest

By Tim Hips
Army News Service

ALEXANDRIA, Va. — A Fort Riley Soldier deployed in Iraq discovered the beauty of digital photography and dominated the 2005 All-Army Photography Contest.

Sgt. Nicholas Sendelbach ordered a digital single-lens reflex camera by mail from New York to the Middle East and all but swapped munitions for lenses to document his Army unit's humanitarian missions.

"I would either shoot with my machine gun or my camera, whichever was useful at the time," he said.

Sendelbach, a 27-year-old chemical operations specialist, earned seven awards totaling \$1,500 as the most-decorated contestant in the Army's Morale,

Welfare and Recreation-sponsored event. His other two entries received honorable mentions.

Master Sgt. Clayton Wolfenbarger of U.S. Army Garrison-Michigan at Selfridge won three first-place awards. Richard Bumgardner of Heidelberg, Germany, claimed a pair of firsts and two seconds in the civilian division.

Sendelbach cherished shooting from atop "Humvees," where he had a 360-degree view of Iraq and its people.

"I was constantly taking photos on every mission," he said. "My company commander took notice and eventually the battalion commander took notice and they wanted me to make a slide show."

That project, combined with video footage, earned Sendelbach first-place honors in the short-film category of the 2004 All-Army Photography Contest. Shortly

thereafter, he was assigned to chronicle Soldiers building schools and power plants and hosting neighborhood advisory meetings.

"The photos showed the battalion what we were actually doing on the ground," Sendelbach said. "Since they didn't have a combat camera guy dedicated to the battalion, I became the combat camera guy. I was able to focus on something I loved doing."

"On my down time, I took more artistic shots while walking around the area, but most of the time I was just riding around on the top of a Humvee with my M-240 machine gun in front of me and my camera hanging off my shoulder. I usually volunteered to be the gunner because I could get a good view of everything."

Sendelbach took a few of his

See Contest, Page 14





ANS/Sendelbach
Sgt. Nicholas Sendelbach used Photoshop to remove the color surrounding this soldier reading a book aboard a C-17 aircraft to set him apart from sleeping troops in "Past Time," which earned an honorable mention in the 2005 All-Army Photography Contest.

Contest

continued from page 13

winning photos while on leave in Europe after serving in Iraq from March 18, 2003, through July 7, 2004. His "Mouse's Eye View," taken inside St. Peter's Basilica, received first-place honors in the military black and white "Place" category. He also took first place in color military life with "Gunslinger," a time-exposure photo made in Iraq.

"Past time," which received an honorable mention in the color military life category, is a shot of a soldier in color reading a book aboard a C-17 aircraft while surrounded by sleeping troops, who appear in black and white.

"Nobody was awake but that one guy," Sendelbach said. "Everybody else was passed out all over the floor and in the seats, and he was in-depth reading this book, so I thought I would get a shot of that. If I had left it completely color or black and white, I don't think people would have noticed him as easily. So I went into Photoshop and basically desaturated all of the color around him so the first thing your eye notices is this guy just sitting

there reading while everyone else is passed out asleep."

Photoshop is a computer software program that allows the user to manipulate photos.

Competition groups included monochrome prints, color prints and short films (video clips limited to five minutes). The categories were people, place, object, experimental (altered prints) and military life. First-place winners received \$300, runners-up \$200 and third places earned \$100. Soldiers, family members and Army civilians entered 1,107 photos.

The judges were George Mason University's Assistant Professor of Digital Arts Andrew McPherson, a photographer, video and multimedia installation artist; D.C. Art News Publisher F. Lennox Campello, an award-winning artist; and award-winning photographer Ralph Nordenhold of the U.S. Army Community and Family Support Center's Strategic Planning Directorate.

Tim Hipps writes for the U.S. Army Community and Family Support Center Public Affairs Office.

Clinic

continued from page 13

goal of the surgeon general is for Soldiers and their families to be able to see the same provider, she said.

"We are our own benchmark to improve each quarter," Brooks said about how the hospital measures its progress.

Progress on continuity of care is being made, she said, even in the ability of Soldiers and their family members being able to get an appointment. With recent changes, including a switch to an electronic records system, the hospital has had to refer up to 150 people in past months to providers in surrounding communities. During the past month, zero referrals were made, Brooks said.

Also, appointments that were 40 minutes long because of phasing in the electronic records system are now down to 20 minutes.

PRAIRIE HANG CYCLE & LEATHER,
1 x 1.5'
Black Only
1x1.5 Prairiehang WarTF

Monica
1 x 3'
Black Only

With many Soldiers and their families living on Custer Hill, the new clinic will offer them convenient services with the same care that is offered at IACH. Crouch warned, however, that parking near the new clinic could be limited because so many other organizations surround the clinic and share the parking lots.

"Carpool if you can," she suggested.

Anna Morelock can be contacted at anna.morelock@riley.army.mil or 239-3032.

MEMORIAL HOSPITAL ABILENE
1 x 4'
Black Only
1x2 Heartland Lasix

PATRICIA'S UNDERCOVER
1 x 4'
Black Only
1x4 Patricia's WarTF

175 Boy Scouts tour post, camp, meet K-9s

By Alison Kohler
CR Assistant

About 175 Boy Scouts, from Cub to Eagle Scouts, converged on Fort Riley March 25-26 to participate in various activities.

"We came to check out the fort and different equipment. We're here to have a good time," said Jeremy Fajen of Troop 763 from Blue Springs, Mo. Fajen said his favorite part was getting the chance to shoot an M-16.

Many of the Scouts visited the Engagement Skills Trainer, the Close Combat Tactical Trainer and the flight simulator as a part of the weekend's activities.

Brendon Hill of Cub Scout Pack 99 from Beloit, Kan., said he thought the tanks at the CCTT were the best part of the trip. "It was kind of like you were in the war," he said.



PAO/Blackmon
Boy Scouts view historic uniforms at Fort Riley March 25 and 26.

Spencer Michelson of Troop 91 from Prairie Village, Kan., played a bugle at the flag raising ceremony outside the post headquarters. "We ate and then went to the cavalry museum and then took the self-guided tour," he

said of his group's activities after the bugle call.

Most of the Scouts camped at the Scout area of Moon Lake and had a campfire. Jim Carlson of Troop 146 said the camping was cold, but "it was good."

Dylan Carr of Lakin, Kan., said he has been in Scouting for 10 years and came to Fort Riley with his parents to get merit badges to qualify as an Eagle Scout. "I like going out to different places - traveling, camping, backpacking - that's pretty cool," he said.

All of the Scouts gathered for a military police K-9 demonstration at 1 p.m. Paul Pistorius, an Eagle Scout from Troop 91, and Dean Rogers of Troop 146 from Independence, Mo., both said the K-9 demonstration was their favorite part of the day up to that point.

See Scouts, Page 18

Health Notes

Dietitian shares facts about fat

By Bethany Deschamps
IACH Dietitian

The other day a patient called and wanted to know what a trans-fat was. She had seen margarine in the commissary that said "trans-fat free" and was very curious to know if she should choose that margarine over her usual margarine.

There tends to be a lot of questions about trans-fatty acids as well as confusion about what it is and what it does to the body.

Trans-fatty acids also are known as hydrogenated or partially hydrogenated fats. Trans-fatty acids are created when there is a molecular restructuring, or hydrogenation, of an unsaturated fat.

Unsaturated fats can be fully or partially hydrogenated, and the more hydrogenated they are the more trans-fatty acids are produced. Unsaturated fats tend to be liquid at room temperature. When they are hydrogenated, they will become a semi-solid or full solid at room temperature. A good example of a fully hydrogenated fat is margarine.

Unsaturated fats that have not been hydrogenated are healthy for the heart. However, when an unsaturated fat is molecularly restructured and trans-fatty acids



are produced, the once healthy fat becomes dangerous to the heart.

Trans-fatty acids are similar to saturated fats as far as what they do to the heart. They raise total cholesterol levels, raise LDL (bad) cholesterol levels and lower HDL (good) cholesterol levels. Common sources of trans-fatty acids are some margarines and processed foods such as cookies, crackers and other store-bought baked goods.

Also, most fast food places and restaurants use partially hydrogenated vegetable oils in their fryers. Therefore, most fried foods consumed in restaurants and fast food places will contain a certain amount of trans-fatty acids.

The trans-fatty acid content in foods is not required on the Nutrition Facts label. However, the FDA has required all food labels to contain the amount of trans-fatty acids per serving by 2006. Until then, a good way to know if a food or beverage contains trans-

fatty acids is to look at the ingredient list on the side of the package.

The ingredients are listed from the highest to lowest in terms of how much is in the food or beverage. If one of the first ingredients is a partially hydrogenated oil, then there is a high concentration of trans-fatty acids in the product. If it is listed near the bottom of the ingredient list, then there is a very small amount of trans-fatty acids. If it is not listed, there is none in the food or beverage.

How to avoid or lower trans-fatty acids in your diet:

- When going to restaurants and fast food places, opt for grilled or baked items. Avoid fried foods as much as possible.

- Read your ingredient list. Minimize the foods you consume that have partially hydrogenated vegetable oil as one of the first

See Trans fat, Page 16

Community news briefly

Relay meeting scheduled

All Relay for Life team captains and anyone interested in forming a team for the event are reminded to attend the meeting scheduled for 6:30 p.m. April 6 in Junction City's Fire Station No. 2, 2245 Lacy Drive.

For information on the Relay for Life or to register a team, call 238-4296 or 238-1951.

Association sets family day

The Army Aviation Association of America is hosting a family day April 3. Soldiers and family members are invited to sign up to fly the UH-60 Black Hawk Simulator at Building 724 on Marshall Army Airfield from 8 a.m. to 3:30 p.m.

To schedule a simulator time, call (785) 318-0993.

A family day party is planned for 2 p.m.

Easter brunch, egg hunt planned

Military families are invited to an Easter brunch and egg hunt at Riley's Conference Center April 16.

Brunch will be served from 11 a.m. to 1:30 p.m. Cost is \$17.95 for adults age 17 and older and \$7.50 for children ages 3 to 16. Children under 3 eat free.

The traditional brunch includes honey glazed ham, carved steamship round of beef au jus, fried chicken, scrambled eggs, biscuits and gravy, mashed potatoes, green beans almondine, macaroni and cheese, dinner roll, salad bar and assorted desserts.

Three free egg hunts will be conducted on grounds adjacent to Riley's, with the first beginning at 2 p.m. Easter treats for all age groups will be available. For more information or to make reservations, call (785) 784-1000.

GARDEN GATE ANTIQUES
2 x 4'
Black Only
2x4 Garden Gate Pottery

SETH CHILD CINEMAS
2 x 5.5'
Black Only
2x5.5 Seth Childs War TF



Community news briefly

Motorcycles to be blessed

Motorcycle riders are invited to begin the spring riding season by bringing their motorcycles for a special blessing April 8 at Immanuel Lutheran Church, 630 S. Eisenhower Dr., Junction City. The blessings will be conducted from noon until 2 p.m. The event is open to anyone who owns a motorcycle or anyone interested in seeing the bikes and visiting with the riders, many of whom regularly attend military funerals in the area.

The blessing is spiritual in nature and does not take a lot of time.

The event also will be a fundraising opportunity benefiting the Geary County Relay for Life. People are encouraged to bring aluminum cans to "Help Crush Cancer."

Plans are under way to serve a light lunch of pizza buns, chips, drinks and cookies for a donation to the Relay for Life.

For more information, call Charlotte Greik at 238-5523 or send e-mail to tcgreik@cox.net

CYS to host open houses

In celebration of the Month of the Military Child, Child and Youth Services will be hosting open houses for all programs April 3.

The Child Development Center, Building 6950, will be open from 2 to 6 p.m.

School Age Services, Building 5810, will be open 4 to 8 p.m.

The Teen Center, Building 5800, will be open 4 to 8 p.m. Outreach Services, Building 6620, will be open 2 to 5 p.m. Bldg 6620 2:00-5:00pm SKIES, Building 6620, will be open 7 to 9 p.m.

Other activities are planned for the month. Check with the individual CYS programs for times and dates.

Commissary taking orders for May case lot sale

Fort Riley Commissary

Fort Riley's commissary will conduct a case lot sale of merchandise May 20-21. Orders must be placed now through May 20.

Customer orders must show the number of cases they request in

the column provided. Order sheets must be returned to the commissary May 15-20. No orders will be taken on May 21. A table will be set up at the commissary for providing and receiving order forms.

After purchasing the order,

customers will be assigned a pick-up number and a pick-up time. Orders may only be picked up on May 20 and 21.

Customers must provide their receipt to the cashier, then drive to the back of the commissary to pick up their orders.

Individuals will be available behind the commissary to help customers pick up their items. Saturday morning has typically been a very busy time and there may be a wait.

Customers will receive a refund for items that sell out or

were not shipped. Refunds can be made at the customer service register.

Orders not picked up by close of business May 21 will be restocked into the commissary warehouse. This is a first-come, first-served sale.

Fort Riley Middle School announces 4th 6-week honor rolls

Officials at Fort Riley Middle School have released selections for the fourth six weeks Principal's Honor Roll and Trooper Honor Roll.

Those making the Principal's Honor Roll had to maintain a 3.5 or higher grade point average and have no C's on their reports.

Those making the Trooper Honor Roll must have maintained a 3.0 to 3.49 GPA and have no more than one C on their report.

Principal's Honor Roll

Sixth Grade

Troy Adams
Jocelyn Aguilar
Shamiece Banks
Kendra Baskin
Amy Belcher
Maggi Birchmeier
Clarissa Boberg
Jonathon Boyd
Davis Broadwater
Hannah Bullard
Brankika Cadenhead
Courtney Clyde
Ashley Delio
Jacob Elliott
Nicole Farver
Johnathan Filiatrault
Michelle Freeman
Kayla Haack
Oscar Hall
Austin Hansen
Rowan Harris
Weslie Hatfield
Antonio Hill
Joseph Hill
Mason Holbert
Damaris Jimenez
Kally Johns
Kadesia Johnson
Matthew Lee
Aisha-Shamika Lockhart
SKIES, Building 6620, will be open 7 to 9 p.m.
Stephanie Malone
Dakota McLaughlin
Caroline Michael
Terrance Miller
Mackenzie Moser
Tegyn Nichols

Seventh Grade

Annelyse Apodaca
Erik Baker
Shabazz Brumfield
Katelyn Callahan
Emmanuel Cockrell
Rebecca Dirks
Elizabeth Grammel
McKenzie Hardy
Wesley Hill
Connor Howard
Zachary Jones
McKenna Kelly
Hillary Konken
Melissa Leturgez
Cindy Malone
Amanda McElroy
Alexis Miskevish
Orel Moran
Kiara Ocasio
Ian Palmer
Brooke Powers
Kellie Richards
Ashley Rogers-Floro
Samantha Satterlee
Valerie Serna
Andrea Smith
Bettina Smith
Hanna Sul
Samantha Vanripper
Samantha Veasy

Kenaura Warren
Franki Zachar VII

Eight Grade

Danielle Adams
Justin Baublitz
Taylor Berry
Alexander Bertucci
Zachary Birchmeier
Romell Boyce
Mikela Brown
Samantha Courts
Bria Dansby
Darnekka Davila
Jade Dwellley
Michaela Dycus
Joshua Eckel
Gabriella Gadson
Jeffrey Graham
Shannon Grammel
Kylie Gray
Tara Haag
Jazmene Hartage
Megan Hertel
Brittany Hitchcock
Morgan Holmes
Angela Joyner
Brittini Knapp
Anthony Kozelski
Christian Kubik
Emily Lewis
Natalya McCarroll
Rachel Nelson
Karla Pagan
Alexa Pappal
Esteban Perez
Faleisi Pohahau
Samuel Quintas
Keyanna Rawls
Shaniece Ruiz
Jasmine Smiley
Johnisha Smith
Janiece Soledispa
Kayla Soper
Cassandra Townsend
Christina Valentin
Christina Westerman
Michael Wilkerson
Jacob Wright

Trooper Honor Roll

Sixth Grade

Grant Baublitz
Austin Cargill
Tara Chapman
Christian Cole
Darius Dawsey
Eric Dixon
Abigail Ebersole
Christian Forbes
Gregory Haug
Adonis Herron
Donald Hester
Zachariah James
Jordan Lahip-Rameil
Precious Laupati
Kemany Louis
Laticia Lytch
Ryan McClosky
Alyssa Moenning
Lauren Moss
Taylor Nagle
Brittney Newlin
Brandon Nylen
Brigham Parker
Jermaine Phillips
Taylor Pitz
Nathaniel Sankey
Shelbie Sizemore
Jayna Smith
Matthew Solis
Derrick Swanson
Isaac Taylor
Joshua Tutman
Dakota Wabenblast
Zachary Walborn

Seventh Grade

Megan Black
Felicia Cates
Tyler Croston
Alyssa Crowell
Leah Griggs
Erin Gyuran
Anthony Harper
Brendan Higinbottom
Brandon Hobbie
Staci Holubek
Leah Kundel
Natalie Kundel
Joseph Lannon

Brittany Lavalleur
Kasha McDougald
Courtney Paige
Ashley Thomas
Mikala Walter

Eighth Grade

Miguel Adame
Jacob Adams
Lauren Apodaca
Tyler Barnes
Daris Benton
Alonzo Cordova
Jacklyne Dirks
Charles Foote
Malik Giles
Cassandra Glenn
Jeremy Herman
Darren Hobson
Sydnee Krueger
Patricia Lahan
Brittany McBride
Matthew Miller
Thomas Miskevish
Matthew Righter
Michelle Savitski
Gunner Schritenthal
Jonathan Spurlock
Brent Stroh
Jeremiah Taylor
Victoria Walder
Brandi Washington

The following students were omitted from honor roll lists published earlier.

For the first six weeks period: Ashley Bakery made the seventh grade Principal's Honor Roll and Leah Griggs and Patricia Nauta made the seventh grade Trooper Honor Roll.

For the second six weeks: Ashley Baker, Alex Miskevish and Zachary Sankey made the seventh grade Principal's Honor Roll, Kyle Wagner made the eighth grade Principal's Honor Roll and Stephanie Malone made the sixth grade Trooper Honor Roll.

For the third six weeks: Justin Cerna made the seventh grade Trooper Honor Roll.

JON MURDOCK AUTO MALL
3 x 10"
Black Only
3x10 Murdock M8#4

CHARTER COMMUNICATIONS- THAYER
3 x 10.5"
Black only
3x10.5 Charter #7068



NEBRASKA FURNITURE MART
6 x 21.25"
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Post- 3/31





Observance continued from page 13



Post/Morelock
Brig. Gen. Belinda Pinckney speaks of her experiences as one of 11 female general officers in the Army.

cited two "significant accomplishments" that she said came to her mind immediately when thinking about women building communities.

The first accomplishment was the women's rights movement and the struggle of women to gain the right to vote. "I think today we take this one significant event for granted," Pinckney said. "This was the right that was denied women from the birth of our nation until 1920 with the passage of the 19th Amendment."

Women such as Lucretia C. Mott, Elizabeth Cady Stanton and Susan B. Anthony dedicated their lives speaking out for women's rights, something not even realized during their lifetimes, Pinckney said.

"Their actions alone changed

the world," Pinckney said. "It changed the way not only women, but men also, viewed women and the role that women would play."

The other significant accomplishment was that of Rosa Parks when she refused to give up her seat on a Montgomery, Ala., bus. Parks' actions ignited the early civil rights movement and ultimately led to the passage of the 1964 Civil Rights Act, Pinckney said.

"Just think about it," Pinckney said, "how the actions of one individual, one woman, produced an outcome that positively influenced the lives of so many people."

The story of women's history is an important one to remember, but Pinckney noted it is just as important to recognize the history

that continues to be written today by women such as Ada Alvarez, the first Hispanic woman to hold a cabinet position and Condoleezza Rice, the first female national security advisor to the president.

If given the opportunity, women can be just as effective as their counterparts, said Pinckney, who was the first black female to be inducted into the Officer Candidate School Hall of Fame.

The Department of Defense has a total of 41 female flag and general officers serving on active duty. Those numbers continue to increase, Pinckney said. Last year the Air Force had 16 female bomber pilots of 759 and 434 female fighter pilots of 3,500.

"Now you might say that's just a handful," Pinckney said, "but these numbers represent the open-

ing of doors, opportunity that was closed just 10 years ago."

Women are not looking to be treated differently, Pinckney said. They simply want to make a difference. Pinckney challenged audience members to make a difference in their respective organizations.

"You can do that by ensuring that everyone's contribution in your organization is valued regardless of race, gender or religion," Pinckney said. "Don't discount someone's abilities or prejudice someone's potential simply because of his or her gender."

Women's History Month is not about idealizing women, Pinckney said. It is about expanding the vision of what women can do.

Anna Morelock can be contacted at 239-3032 or anna.morelock@riley.army.mil.

Awareness continued from page 13

Supervision rules at Fort Riley

Leaving children alone increases their vulnerability to danger, accidents, abductions, injuries and delinquency. The Fort Riley regulation states:

- An adult or babysitter must be 12 years or older to supervise children under 10 years old.
- Children under 10 years of age are not to be left unsupervised in family quarters or left alone in a motor vehicle at any time or for any reason.
- Children ages 10 and 11 old can be left alone for a maximum of two hours.
- Children ages 12 through 15 can be left alone for a maximum of four hours.
- Children ages 16 through 18 can be left alone for a maximum of 48 hours.

Another aspect of neglect is the failure of parents to maintain sanitary living conditions. "You can have a cluttered house or a disorganized house," said FAP Manager Santos Bonilla, "but what they look for is the safety of the child."

It's often not just one thing but the combination of many things that lead to neglect charges. Someone may complain about a child being outside in the middle of winter without any diapers on or being out without shoes on, Bonilla gave as an example.

When an investigation brings to light the rest of the picture, it

may show that the child also goes around knocking on neighbors' doors and asking for food. It may show that the primary caregiver is depressed or has been diagnosed with something that's causing them not to keep themselves, their family or their house clean, he said.

Weapons are another issue with children's safety. "Sometimes we've had children where they have weapons that are around the house," Bonilla said. "The spouse might be deployed and the partner may be home and (fears) for her own safety, (so she) has a loaded weapon in the house. Or, the partner may not be cleaning up the house and may have feces all over or may not have the appropriate food for the children or clothing," he added.

"When you find a house like that, there's an array of things that happen," Bonilla said.

There might be morale and welfare checks performed on the family by command, spot checks once a month to make sure the house is up to par, or the caregivers could be required to take parenting classes, which have a portion on child safety, Bonilla said.

Anyone who suspects child abuse or neglect can report it to the military police at 239-MPMP (6767).

FAP plans events to bring awareness

To help raise awareness of issues such as these and other issues relating to child abuse and neglect, the FAP has organized events throughout the month of April.

The awareness campaign begins from 5 to 8 p.m. March 31 at Rally Point. The kick-off will include an informational display on child abuse and face painting done by the Junction City High School dance team. Parents will have the chance to get a photo or fingerprint identification cards for their children, and Spiderman will be on hand to talk to children about bullying and child abuse prevention.

The kick-off will be followed by child safety day from 11 a.m. to 2 p.m. April 1 at the Post Exchange. A Fort Riley fire truck and D.A.R.E. officers will be available this day and, in addition to the ID cards, parents will be able to get car seat checks.

Older children will be able to drive a go-cart drunk-driving simulator to teach them the perils of drinking and driving. Characters from the Wamego Wizard of Oz museum will be on hand for photos.

Throughout the rest of the

month, two parenting classes are being offered.

The first class, "Becoming a Love and Logic Parent," helps parents learn alternative ways to parent and help answer questions such as "How can I stop my children from bickering and fighting?" "How do I get my children to help with the chores without an argument?" and "Is there a way to discipline my toddler in public without creating a scene?"

The love and logic class will be held from 6 to 8 p.m. April 4, 6, 11, 13, 18 and 20 at the Soldier and Family Support Center, Building 7264. The class is free and parents can register by calling 239-9435. Limited free childcare will be available for advance registration.

The second class offered is geared toward parents with teenagers. The workshops will help parents strengthen relationships with their teens and help them help their teens become responsible adults. The workshops will be held from 6 to 8 p.m. in the Soldier and Family Support Center, Building 7264.

Understanding adolescence and teen issues of yesterday compared to teen issues today will be the topic April 10.

On April 17, the workshop will cover drugs, sexuality and violence as well as the power struggle between parents and teens.

The workshop on April 24 will cover responsibility and discipline as well as cooperation and communication.

Prevention strategies for problem solving will be the topic May 1. Parents can register for any of the four teen classes by calling 239-9435.

To end the month, Kansas State University football players and Coach Ron Prince will be at Riley's Conference Center to sign autographs and meet families. Prince will speak on supporting military children and families.

To find out more about any of the activities scheduled for Child Abuse Prevention Month, contact a FAP representative at 239-9435.

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Community news briefly

Class to offer gardening tips

Authorized users can sign up at the Outdoor Recreation Center on Fort Riley to learn more about gardening.

"Getting Your Soil Ready" will be presented at West Acres Nursery in Junction City from 1 to 2 p.m. April 8.

Those interested can sign up for the free class by calling Outdoor Rec at 239-2363 no later than April 7.

The class will cover soil temperature, when to plant, how to prepare the beds, container planting and vegetable and flower plant beds.

Stories feature spring animals

Spring animals will be the theme for April story times at the Post Library.

April 1 - "Knufflebunny."
April 8 - "A Day at Greenhill Farm."

April 15 - "Muncha Muncha"

Story times are held at the library at 1:30 and 4 p.m. every Saturday. All military children and their caregivers are welcome to hear a story, make a take-home craft and have a light snack.

The Post Library is located in Building 5306 on Custer Hill. Operating hours are 11 a.m. to 6 p.m. Tuesday through Saturday, and noon to 5 p.m. Sunday.

For more information, call 239-5305.





Scouts continued from page 14

"So far, the most exciting was this part," said Paul Pistorius, who's been a Scout for nine years.

"I just like to watch the dogs," Rogers said.

Spec. Joshua Rose of Headquarters and Headquarters Detachment, 97th Military Police Battalion, told the group it takes a special breed of person to be a dog handler. Rose shared his experience with his former partner "Rex" in Iraq. He found some explosives while there, Rose said, but experienced health issues and had to be put down.

During the demonstration, Staff Sgt. Clarence Franklin told the group how a dog will continue to pursue a perpetrator until the dog takes the person down. Spec. Brett Fishel and "Darco" demonstrated

the military working dogs' tenacity. The dog tried to bite Fishel's protective suit twice before resorting to a leg and taking Fishel down. Fishel suffered a small tear in his jeans but was otherwise OK. "See how adamant these dogs are about biting," Franklin said.

Getting into the K-9 field can be difficult. According to Rose, military policemen apply to be a K-9 handler and only some are selected. He said the dogs are treated just like Soldiers and are even awarded medals at times.

"It's the best job in the Army," said Sgt. Robert Hirsch, who's been with the K-9 unit for one and a half years. "We get to play with dogs all day long."

Trans fat continued from page 14

ingredients.

- Use margarines that are labeled "trans-fat free".

- Limit the amount of store-bought cookies, pies, cakes, pasta dishes and snack crackers you eat. Most of them contain a significant amount of trans-fatty acids.

- Choose low-fat and non-fat versions of foods. If there is less fat in the food, there is a good chance there will be less trans-fatty acids.

Better sources of fats are unsaturated fats. These include mono-unsaturated

fats and polyunsaturated fats. They help to lower total cholesterol levels and LDL cholesterol levels.

Sources of these include olive, peanut, safflower, canola and soybean oil (all not partially hydrogenated); avocados; olives; all kinds of nuts; and peanut butter, pumpkin, sunflower and sesame seeds.

For more information, contact Irwin Army Community Hospital Nutrition Care Division at 239-7644 or me at bethany.deschamps@cen.amedd.army.mil.

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Travel & Fun in Kansas

Page 20

America's Warfighting Center

Friday, March 31, 2006

Leisure time ideas

At the movies:

Doors open at 6:30 p.m. Tickets cost \$3.50 for adults and \$1.75 for children 11 and under. Children under the age of 5 are free except during children's matinees or expected sell-outs.

April 1 — 2 p.m., Curious George (G) 86 Min; 7 p.m.; The Pink Panther (PG) 92 Min

April 2 — Firewall (PG13) 105 Min

April 6 — The Pink Panther (PG) 92 Min

April 7 — Firewall (PG13) 105 Min

April 8 — Eight Below (PG) 120 Min

April 9 — Freedomland (R) 113 Min

For more information, call 784-2226 or 784-2640.

Get away and explore Kansas. Following are just a few examples of events and festivals taking place in Kansas. Check out details on these and other events on the Kansas Travel and Tourism Web site, www.travelKS.com.

Manhattan:

What: Eggstravaganza - Celebrate egg-laying animals at Sunset Zoo. Participants are welcome to bring Easter baskets, but please leave the Easter grass at home. Play educational games and win prizes. Note: This event does not include an Easter Egg hunt.

When: 1 to 4 p.m., April 15

Where: Sunset Zoo

Phone: (785) 587-2737

Admission: Adult, \$4; Children 2 through 12, \$2

DELMOTORS

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3 x 2"
Black Only
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GEARY COMMUNITY HOSPITAL
3 x 5.5"
Black Only
3x5.5 Pregnant Military Dep.

Festival celebrates prairie

By Anna Morelock

Staff writer

Residents and visitors to Kansas in the springtime often notice plumes of smoke and the smell of burning grass as they drive over the state's country roads and highways.

In Cottonwood Falls, Kan., those people can stop at the Prairie Fire Festival to learn a little more about the cause of the billowing smoke.

The Prairie Fire Festival is a week-long event designed to teach people a little more about tallgrass prairies.

A lot of people aren't familiar with the Flint Hills, said Sue Smith, owner of the Emma Chase Cafe and one of three festival sponsors. It's the last 4 percent of the remaining tallgrass prairie in the world and people need to realize how important it is, she added.

While there are no fires lit just for spectators at the festival, the festival is held during peak burn season and information centers will direct participants to customary observation points from which they can view fires in the area.

Lectures will be held throughout the week at the Emma Chase Cafe, 317 Broadway. Lecture topics are:

KRYSTALLOS
2 x 3"
Black Only
2x3 Krystallos Spring Shop



Controlled prairie fires are used as a land management tool by land owners throughout Kansas. Kansas has the last four percent of the remaining tallgrass prairie in the world.

Courtesy photo/Klamm

April 3 – 6 p.m., "What Constitutes A Tallgrass Prairie" by County Agent Mike Holder

April 4 – 6 p.m., "History of Cowboy Songs" by Dr. Jim Hoy

April 5 – 6 p.m., "Chase County Remembers." Some of the area's senior citizens remembering Chase County in the early years

April 6 – 6 p.m., "Chase County Story Telling"

April 7 – 7:30 p.m., Prairie Fire Festival edition of Tallgrass Gospel Music

Cottonwood Falls Elementary School will host a "Prairie Fair" from 5:30 to 7:30 p.m. April 7.

On the last day of the festival, April 8, various events will be held throughout the Cottonwood Falls business district. The Tallgrass Prairie National Preserve

also will be open to visitors from 9 a.m. to 4:30 p.m.

The events, which all run from 9 a.m. to 5 p.m., include the Chase County Art Guild annual exhibit at the Masonic Temple, a quilt display at the courthouse sponsored by the Flint Hills Quilt Guild and an exhibit at the Gallery by John D. Morrison.

Storytelling and seminars on various topics also will be held April 8 at the Prairie Coffee Company Building, 333 Broad-

way. The seminar topics are:

9 a.m. – "Bison and Other Prairie Mammals" with George LeRoux

10 a.m. – "Tipi Days" with Jim "Two Crows" Wallen, story teller

11 a.m. – "Raptors of the Prairie" with Beau Parks

1 p.m. – "Buckskins, Furs and Calico" with Jim "Two Crows" Wallen, story teller

2:30 p.m. – "Tallgrass Express" in concert

3:30 p.m. – "Tallgrass Prairie

National Preserve in Review" with the TPNP staff

4:30 p.m. – "Nesting Birds of the Prairie" with Kristen Hast, TPNP staff

5:30 p.m. – "Following the Fires: Three seasons of Wildflowers on the Prairie" with Dr. Tom Eddy.

For more information on the Flint Hills Prairie Fire Festival, call (620) 273-6020 or visit www.prairiefirefestival.com on the Web.

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